



NEW BRITAIN SENIOR CENTER

55 PEARL STREET, NEW BRITAIN, CT 06051
PHONE: 860.826.3553 | FAX: 860.826.3557

Golden Notes Newsletter

AUGUST 2024

UPCOMING EVENTS

Save the Date—

TRIAD SENIOR WALK AND BBQ—games, food, music and more

Food Sponsored by Autumn Lake

Wednesday, September 11th at Walnut Hill Park

10:00am to 1:00pm

\$2.00 per person, sign up today at the New Britain Senior Center

2nd Annual Pickleball Mixed Doubles Tournament

Saturday, September 7th from 9:00am to 1:00pm

\$20 per team for senior center members

\$60 per team for non-members

At Walnut Hill Park

Oak Street Health Meet and Greet w/ Shiela Dow

Tuesday, August 13th at 9:30am in the Cafeteria

Oak Street Health, a new health center in New Britain will host a meet and greet. Join us Tuesday, August 13th in the Cafeteria. Sign up at front.

NEW BRITAIN SENIOR CENTER MEMBERSHIP CHANGES

Resident Fee: \$10.00 for Lifetime Membership

Non-Resident Fee: \$20.00 per year

Current Resident Members are not subject to fee changes.

JOIN OUR EMAIL BLAST!

If you would like to receive emails regarding programs and other offerings please join our email list!

Provide us with a working email address at the front desk to get signed up!

***Important* Updated Information**

Emergency Contact Updates

The Senior Center Staff is asking members to check with the front desk to ensure we have up to date emergency contact information. This information is crucial if something happens while an individual is at the center. Thank you!

Golden Notes Newsletter

Senior Center Information

Location:	55 Pearl Street, New Britain, CT 06051
Contact Information:	Phone: 860.826.3553 Fax: 860.826.3557 Website: www.newbritainct.gov
Hours of Operation:	Monday to Friday 8:15am to 4:00pm
Membership Info:	Join Mon-Wed-Fri 1:00pm to 3:00pm Age 55+
Membership Cost:	Residents: \$10.00 for lifetime membership! Non-Residents: \$20.00 per year

Daily Lunch Program

Meals are served from 11:30am to 1:00pm each weekday.

Per CW Resources, there is a suggested donation of \$3.00. The daily lunch menu is located on page 3 of the newsletter.

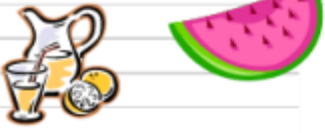


*New Protocol—You must sign up the Wednesday, the week before to reserve your lunch. **Please call Novlette at 860.670.8818 to sign up! Bon appetit!***

To reserve a lunch, please call:

860.670.8818 Mon-Fri between 10 & 12pm

RW SOLUTIONS COMMUNITY CAFÉ



August, 2024

1% or Skim milk provided
Margarine available

MENU ITEMS SUBJECT TO CHANGE

SUGGESTED DONATION \$3.00

MONDAY

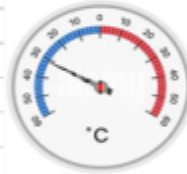
TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

Do you know the 4 steps of Food Safety? If not, watch the calendar in the upcoming months for a visit from our dietitian to learn all about keeping your food safe. Please sign up ahead of time.
All attendees get a free refrigerator thermometer!



Homemade Meatloaf with LS Gravy
Mashed Potatoes
Green Beans and Mushrooms



Whole Wheat Bread

Yogurt

Escarole Bean Soup
Unsalted Crackers
Potato Pollock
Confetti Rice
Broccoli
Tartar Sauce

Wheat Roll

Fresh Fruit

5

6

7

8

9

Hamburger

Breaded Pollock

Tossed Salad

BBQ Pork loin

Vegetable Barley Soup

Vegetarian Baked Beans

Waffle Fries

Ranch Dressing

Macaroni and Cheese

Unsalted Crackers

Mixed Veggies

Scandinavian Veggies

Lasagna with Meat Sauce

Carrots

Turkey and Swiss Sandwich



Garlic Green Beans

Ziti Broccoli Salad

Happy Birthday

Fresh Tomato Salad

Hamburger Roll

Oatnut Bread

Garlic Bread

Combread

Bulky Roll

Clementine

Mango Pineapple Mix

Birthday Cake

Tropical Fruit

Chocolate Chip Cookies

12

13

14

15

Taste of Mexico 16

Orange Juice

Taco Mix

Grilled Chicken Teriyaki

Sliced Turkey with LS Gravy

Fajita Chicken

Spaghetti with Meat Sauce

Yellow Rice

Sweet Potatoes

Mashed Potatoes

Mexican Rice

Mozzarella Cheese Spinach

Fiesta Corn

Oriental Blend Veggies

Brussel Sprouts

Corn and Red Pepper

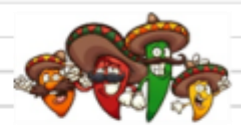
Wheat Roll

Shredded Cheese



White Bread

Whole Wheat Bread



Ice Cream Sundae

Shredded Lettuce

Jell-O

Fresh Fruit

Tortilla

Ice Cream Sundae

Pineapple

Sugar Cookie

19

20

21

22

23

Diced Chicken

Fish Sandwich

Tomato Florentine Soup

Pork with Creamy Garlic Sauce

Egg Salad

Tetrazzini

Potato Wedges

Unsalted Crackers

Baked Potato

Potato Salad

White Rice

Buttered Carrots with Dill

Grilled BBQ

California Blend Veggies

Carrot Raisin Salad

Broccoli and Red Pepper

Tartar Sauce

Chicken Breast

Sour Cream



Multigrain Bread

Hamburger Bun

Lemon Orzo

Wheat Bread

Hot Dog Roll

Applesauce

Tropical Fruit

Combread

Oreos

Jell-O with Topping

26

27

Labor Day Special 28

29

30

Pork Chopette with Gravy

Meatballs with Sweet and Sour Sauce

Hot Dog

Chicken Noodle Soup

Fish Taco

Buttered Egg Noodles

White Rice

Waffle Fries

Unsalted Crackers

Yellow Rice

Broccoli

Oriental Blend Veggies

Broccoli Slaw

Roast Turkey with LS Gravy

Cilantro Lime Coleslaw



Hot Dog Bun

Mashed Potatoes



Meadow Blend Veggies

White Bread

Flour Tortilla

Rye Bread

12 Grain Bread

Popsicle

Cookie

Strawberry Shortcake with Topping

Peaches

Mixed Fruit



Manicures w/ Roseanna—Sponsored by Amberwoods

Please call the front desk for a date and time

Appointments are every 30 minutes—call and sign up for a time slot. 860.826.3553.

Best Buddies Program

Wednesday, August 21st at 11:00am in Massachusetts Room

Senior Trip Advisory Committee

Wednesday, August 14th @ 11:00am in Craft Room

The New Britain Senior Center Trip Committee helps with planning, facilitating and organizing our Hardware City Travelers Program. This committee will meet once a month and discuss upcoming trips and come up with potential trip ideas.

Book Folding is Back for August

Join us on Monday Mornings from 10:00am to 11:00am! In the Card Room

Friday, Movie Day—In Upgraded TV Room—Stay Tuned

Friday, August 30th from 1:00pm to 3:00pm

This Month's Movie:

A Man Named Otto (PG-13)

(Tom Hanks, Rachel Keller) When a lively young family moves in next door, grumpy widower Otto Anderson meets his match in a quick-witted, pregnant woman named Marisol, leading to an unlikely friendship that turns his world upside down.

Holiday Craft Fair Committee Meeting—Tuesday, August 13th at 1:00pm

If you wish to be on the planning committee for the Holiday Bazaar, we will have a meeting.



Target Shopping Trip

Friday, August 23rd in the morning, please call 860.826.3553

ROOTS Farmers Market at the Senior Center

Looking to redeem your farmers market vouchers?

Roots Market will be in the green house

Friday, 9th and Friday, August 23rd from 11:00am to 1:00pm

Pickleball is Back Outside!

The Serve City Pickleball Group will begin playing at Walnut Hill Park

Beginning on Wednesday, May 8th

Courts are reserved every Wednesday from 8:30am to 10:30am.

Seeking Bridge Players

A few seniors have shown interest in starting a bridge group. If you are interested please contact the front desk at 860.826.3553

Birthday Ice Cream Social—Tuesday, August 20th at 1:00pm

Sponsored by Grandview

New Trips—

Mohegan Sun Casino, Wednesday, August 21st—\$35.00 per person

Maggie at Goodspeed Opera House, Thursday, October 17th—\$85.00

Sign up at front desk



BIRTHDAY BASH

Join us on the third Tuesday of every month at 12:30 for a special Birthday Celebration! The next one is on **August 20th!**

If you plan on eating lunch, please sign up with Novlette in the kitchen

Sponsored by Grandview Rehab

August Birthdays!



*Nelson Allen
Nancy Aparo
Jill Baldwin
Carol Bowen
Aida Calafiore
Wadia Cowell
Janet Crocker
Geraldine Curtis
Liz Cyr
Daniel Dabkowski
Patricia Develeskis
Sheila Dow
Arlene Edwards
Jennie Everson
Ellen Fabretti
Emily Fearnley*

*Jeannette Ferrand
Maria Francisco
Peggy Gadski
Lucille Grieco
Beverly Hall
Kenneth Heck
Teresa Hilliman
Marilyn Hurst
Bob Kissel
Mary Lacic
Fred Lesiak
Gregoria Lubin
David Mortlock
Evelyn Riley
Maria Sanchez
Gloria Sanders*

*Michael Sanders
Lenore Schack
Craig Schmitt
Cheryl Seger
Bruno Siwik
Sandy Spadaccini
Nancy St Pierre
Penny Stankoski
Roxanne Szentmiklosi
Esperanza Tirado
Felicia Vargas
Jean Weidlich
Vivian Williams
Crystal Williams
Julie Winkel
Andrzej Ziemak*

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DIAL-A-RIDE SERVICE

Need a ride? We'll pick you up! At least a two day notice is required for rides to the Senior Center, medical appointments, and other destinations at any time within the month. Call 860.826.3555 for an appointment. There is a suggested donation of \$1.50 each way.



Must be over 55 years old to participate

FOOT CARE SERVICES

Sue is still available. To continue her foot clinic at the New Britain Senior Center, please call her directly at 860.538.1481 to make an appointment. Please be aware of all safety protocols.

Appointments are held every Monday.

THRIFT SHOPPE NOW OPEN!

Something old...Something new...

Something SPECIAL...Just for You!

 **CCARC**
Supporting People with Disabilities

THRIFT SHOPPE

Located at
The New Britain Senior Center
55 Pearl Street, New Britain

Open Tue/ Wed/ Fri, 10am-1pm

Featuring an elegant display of items for you to enjoy!

Proceeds benefit CCARC's Services for people with disabilities

Accepting donations of new or gently used handbags, wallets, jewelry, fashion accessories and decorative household items.

Contact Susan Yeagle at 860-229-6665 syeagle@ccarc.com

Senior Center Calendar - August 2024

MON	TUE	WED	THU	FRI
			AUG 1 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	AUG 2 9:30am Cornhole 1:00pm Fit & Flex
AUG 5 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo	AUG 6 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	AUG 7 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	AUG 8 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	AUG 9 9:30am Cornhole 11:00am Roots Market 1:00pm Fit & Flex
AUG 12 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo	AUG 13 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 9:30am Oak Street Presentation 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 1:00pm Craft Fair Meeting 1:00pm Craft Group (Session 2) 1:00pm Grandview Birthday Ice Cream Social 1:00pm Healthy Balance Chair Yoga	AUG 14 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	AUG 15 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	AUG 16 9:30am Cornhole 1:00pm Fit & Flex
AUG 19 8:30am Fitness w/ Chris (Session 1) 8:30am Holiday Hill 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo	AUG 20 8:30am Fitness w/ Chris (Session 4) 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	AUG 21 8:30am Mohegan Sun Trip 9:00am Cornhole Tournament, Bristol 10:00am Tai Chi & Qigong 11:00am Best Buddies 1:00pm Afternoon Dancing 1:00pm Setback Group	AUG 22 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	AUG 23 9:30am Cornhole 11:00am Roots Market 1:00pm Fit & Flex
AUG 26 8:30am Fitness w/ Chris (Session 1) 9:15am Fitness w/ Chris (Session 2) 10:00am Fitness w/ Chris (Session 3) 10:45am Line Dancing (Session 1) 11:00am Book Folding 1:00pm Bingo	AUG 27 8:30am Fitness w/ Chris (Session 4) 8:30am Trip - Fosters Clambake 9:00am Craft Group (Session 1) 9:15am Fitness w/ Chris (Session 5) 10:00am Fitness w/ Chris (Session 6) 10:45am Line Dancing (Session 2) 1:00pm Craft Group (Session 2) 1:00pm Healthy Balance Chair Yoga	AUG 28 10:00am Tai Chi & Qigong 1:00pm Afternoon Dancing 1:00pm Setback Group	AUG 29 8:30am Fun Drumming 9:00am Craft Group (Session 1) 9:00am Zumba 10:15am Chair Yoga 11:30am Stanley Seniors 1:00pm Art Class 1:00pm Bingo 1:00pm Craft Group (Session 2)	AUG 30 9:30am Cornhole 1:00pm Fit & Flex 1:00pm Movie Day

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TRIP PROGRAM

Date of Trip	Destination	Price	Location	Departure
8/1/2024	Thimble Islands Trip	\$25.00 per person, no lunch	Branford, CT	Departs at 9:00am
8/19/2024	Senior Day at Holiday Hill	\$50.00 per person	Cheshire, CT	Departs at 8:30am
8/27/2024	Foster's Downeast Clambake	\$144.00 per person	York, Maine	Depart at 8:00am
9/18/2024	Big E	\$45 per person	Springfield, MA	Depart at 8:00am
10/10/2024	Ultimate Cher Experience - Grand Oak Villa	\$94 per person	Oakville, CT	Depart at 10:00am
10/17/2024	Goodspeed Opera House	\$85 per person	East Haddam, CT	Depart at 10:30am
12/3/2024	Shadows of the 60's - Aqua Turf	\$94 per person	Southington, CT	Depart at 10:00am
12/10/2024	Holiday Classics w/ the Cartells - Aqua Turf	\$59 per person	Southington, CT	Depart at 10:00am

GOLDEN NOTES SUBSCRIPTIONS

Name: _____ Date: _____

Address: _____

City: _____ State: _____ Zip: _____

Make checks payable to the New Britain Senior Center

Return to:

Golden Notes
New Britain Senior Center
55 Pearl Street
New Britain, CT 06051

Annual Mailing Fee: \$6.00

JOIN OUR EMAIL LIST FOR FREE: email address _____